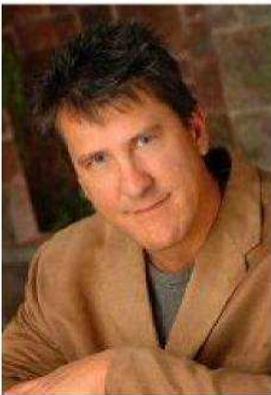


Integrated Natural Ideas #134

The mind-blog of **Dr. Jay**

***What you can do to complement your health...naturally.
It is not alternative, it is original!***



**Doctorate & Ph.D. in Integrated
Medicine (IMD)**

Quantum Physics

Doctor of Humanitarian Medicine

Ph.D. Holistic Health Sciences

Ph.D. Traditional Naturopathy

**Board Certified: Orthomolecular
and Integrative Medicine (BOIM)**

- **World Organization of Natural
Medicine (WONM)**

- **Holistic Health Practitioner
(A.A.D.P)**

- **Reflexology (A.R.C.B.)**

About 3.1 trillion dollars are spent combined on a new category called “Cardio Metabolic Syndrome”. It includes pre-diabetes, obesity, diabetes, digestive biome dysbiosis, abnormal lipids, etc. It is now the first time in the history of man that we are dying younger from over-abundance of food, instead of a lack of it. And the food choices/decisions are of a poor quality. Again, donuts or avocados? Plastic or garden fresh? You get the idea.

I type, teach, and promote heavily, the new InForm program. The results are remarkable. Testimonies that keep coming in are over the top. People who follow it are reversing their lab values back to within normal limits. Even their medical doctors are on board saying “*I don’t know what this program is, but keep doing it*”. It teaches one about proper food and the RIGHT supplements to change these unbelievable statistics. It is clinically tested, proven, and just plain ol “works” – working with us, instead of against us. Bottom line, it is about changing your microbiome function to your benefit, instead of creating many symptoms/labs that now require medications. This is not a replacement for modern medicine, it is a life-style to reduce the need for it. Saving you time and money (not to mention suffering). Why wouldn’t you look into this? Many do not hear the call.

See my website (www.naturalselections.net) and contact an InForm coach right away. The products, food education, and coaching, is worth the minimal investment.

Some folks decide to do this on their own, due to location. If that’s you, visit www.naturesunshine.com, click on anything InFrom and learn. Order the kits like **#21239-2 InForm Metabolic Age Support Kit** and follow the booklet inside. Use the products, see for yourself. To achieve the results, it is best to do for 90 days (3 kits). Each kit lasts for one month. Comes to \$8 a day to find the energy and balance you been looking for. However, it is best to be in an InForm class with a coach, to help hold you accountable while you learn.

In all of my 32 years of studying medicine, nutrition, natural health, etc., It is the **best** solution to this epidemic. Learn from it, live it. Teach your children about it. Because statistically 1-2 children will be pre or actual diabetics by 2050. By then it could cost us 10 trillion and countless lives lost early. It is a no brainer. I have yet to see a medical doctor who has not embraced it as part of a daily lifestyle to get and remain well.

There is even an ongoing **InForm Maintenance Kit** for after when you reach your goals (less ongoing cost too). It contains a new daily detoxification and microbiome balancing supplement called **Purify**.

NSP has the solutions, you just need to act. Change your life, change your future. You deserve it!

Many companies put their name on a product label and do not manufacture it themselves. We only trust Nature’s Sunshine (800-453-1422). **The largest and safest in the world!** Information is for educational purposes only and not meant to diagnose or treat any disease. See a competent health professional should the need arise. This information may be shared provided it is not changed in any way.